Ignoring Feelings

November 4

Who among us, while in the stranglehold of addiction, acknowledged that our feelings even existed? Did we say to ourselves, when angry or out of control, *excuse me, but I'm feeling quite disturbed at this moment*. When jealous, did we acknowledge the fact that we were jealous and convince ourselves to react with love and kindness instead?

In active addiction, feelings are what we are escaping from.

Regardless of how angry, unhappy, happy, or intolerant we may act, the message screaming inside our heads is *don't feel! Forget about it, these emotions will go away, or, it's not important*. This was our truth at the moment, no big deal, until it was repeated, vying for our attention again and again.

Nothing ever goes away. Emotions stay hidden until they push to the surface like the slow-building pressure inside a volcano about to erupt.

Feelings still have weight and are neither inherently good nor bad. Emotions can serve as healthy reminders of unfinished business. And even when those emotions are uncomfortable, perhaps even threatening, they can act as red flags to alert us that something is not right.

To ignore our emotions is to invite self-destructive behaviors or depression.

In recovery, some of us become emotional sleuths unearthing where our feelings come from, and why we are experiencing them. The calming energy found in prayer and meditation allows for feelings to just be. As we observe ourselves, we honor these feelings for what they are: old ideas outside of our here and now.

Here, as if a memory, we watch them pass or take what we need from them. We do not have to react, but we do have to feel.

TODAY'S MEDITATION

As I face feelings in the light, their control over me is diminished. How do they impact my serenity? Not at all.

"One of the most courageous decisions you'll ever make is to finally let go of what's hurting your heart and soul."—Brigitte Nicole